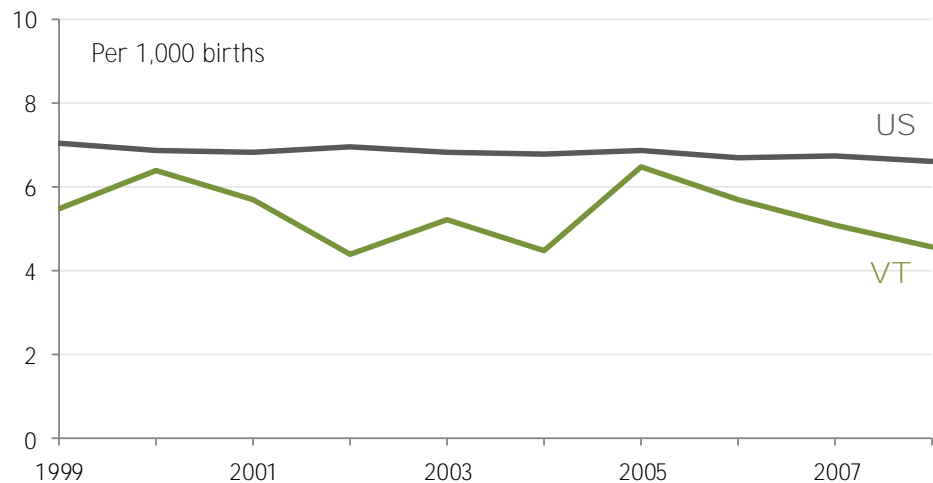


# Infant Mortality / 1,000 Births

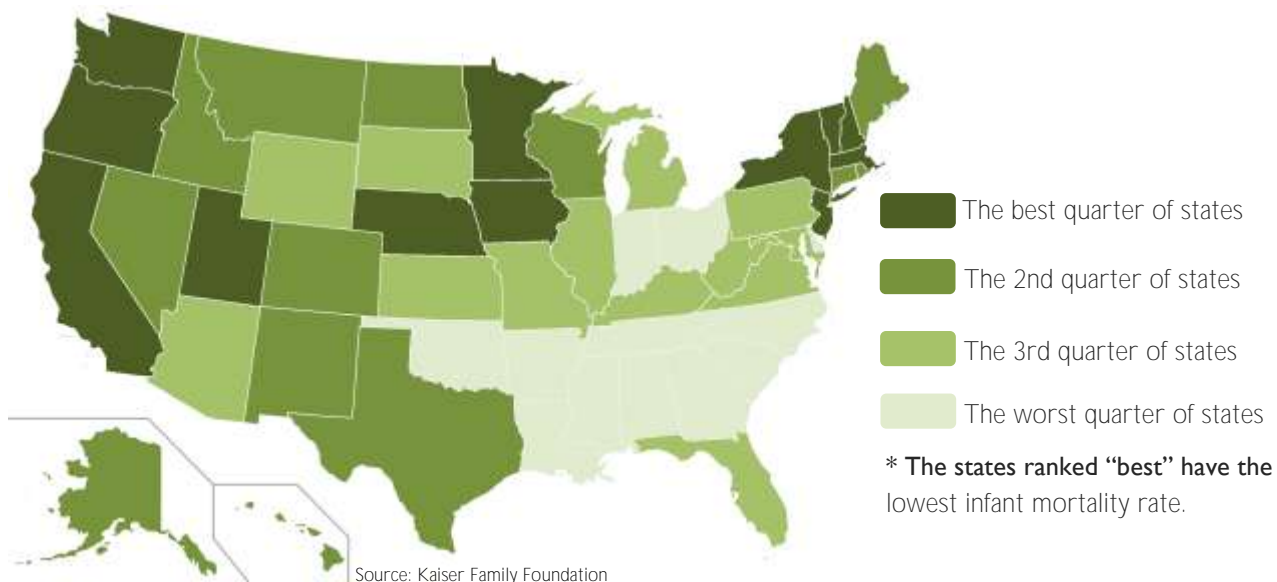
The infant mortality rate is the number of babies who die before their first birthday for every 1,000 babies born. In 2010, Vermont ranked among the best states for this measure, meaning we have a low number of infant deaths for every 1,000 born.

- Infant mortality in Vermont has remained constant. There seems to be a lot of change between years because the numbers are so small to begin with.
- Our rate is lower than the rest of the US.



	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Vermont (per 1000)	5.5	6.4	5.7	4.4	5.2	4.5	6.5	5.7	5.1	4.6
US (per 1000)	7.0	6.9	6.8	7.0	6.8	6.8	6.9	6.7	6.8	6.6

Source: National Vital Statistics System (NVSS)



# Infant Mortality / 1,000 Births

Best to Worst

Washington	4.88	New Mexico	6.01	Arizona	6.69	Indiana	7.84
Utah	4.89	Colorado	6.11	South Dakota	6.7	Ohio	7.9
Massachusetts	4.97	Nevada	6.2	Wyoming	6.95	Arkansas	8.04
California	5.19	Connecticut	6.24	Kentucky	6.98	Georgia	8.05
New Jersey	5.24	Texas	6.34	Illinois	7.16	Oklahoma	8.11
Minnesota	5.28	Hawaii	6.35	Florida	7.2	Delaware	8.24
Iowa	5.35	Wisconsin	6.44	Virginia	7.43	North Carolina	8.47
New Hampshire	5.54	Montana	6.49	Missouri	7.46	Tennessee	8.57
New York	5.67	North Dakota	6.5	Pennsylvania	7.49	South Carolina	8.75
Oregon	5.69	Maine	6.51	West Virginia	7.5	Alabama	9.49
Vermont	5.75	Alaska	6.52	Kansas	7.51	Louisiana	9.65
Nebraska	5.99	Idaho	6.56	Michigan	7.72	Mississippi	10.64
		Rhode Island	6.65	Maryland	7.76	D. of Columbia	12.8

Vermont:

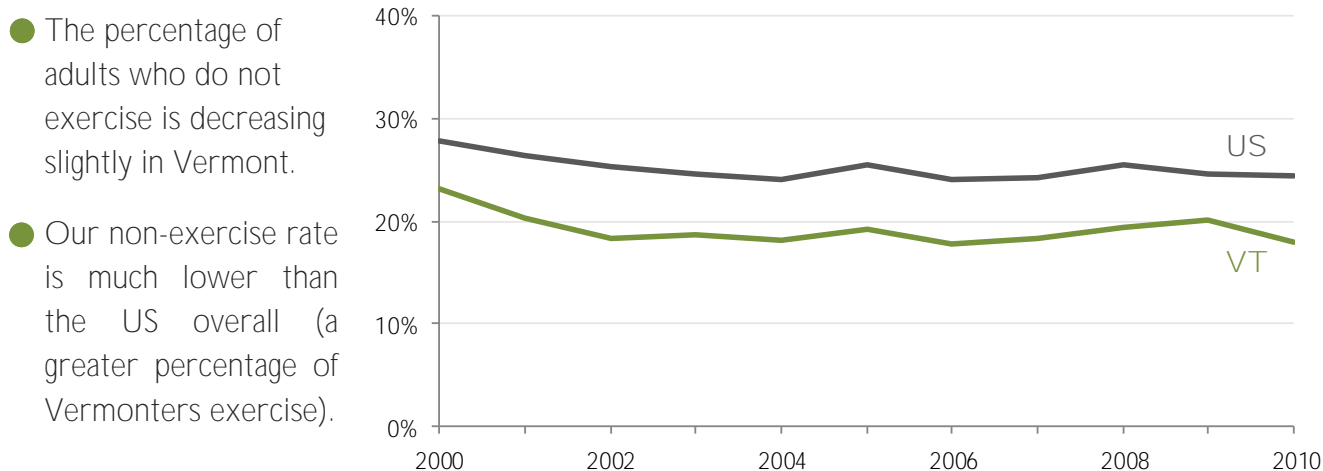


Additional Resources:

- Centers for Disease Control: <http://www.cdc.gov/omhd/amh/factsheets/infant.htm>

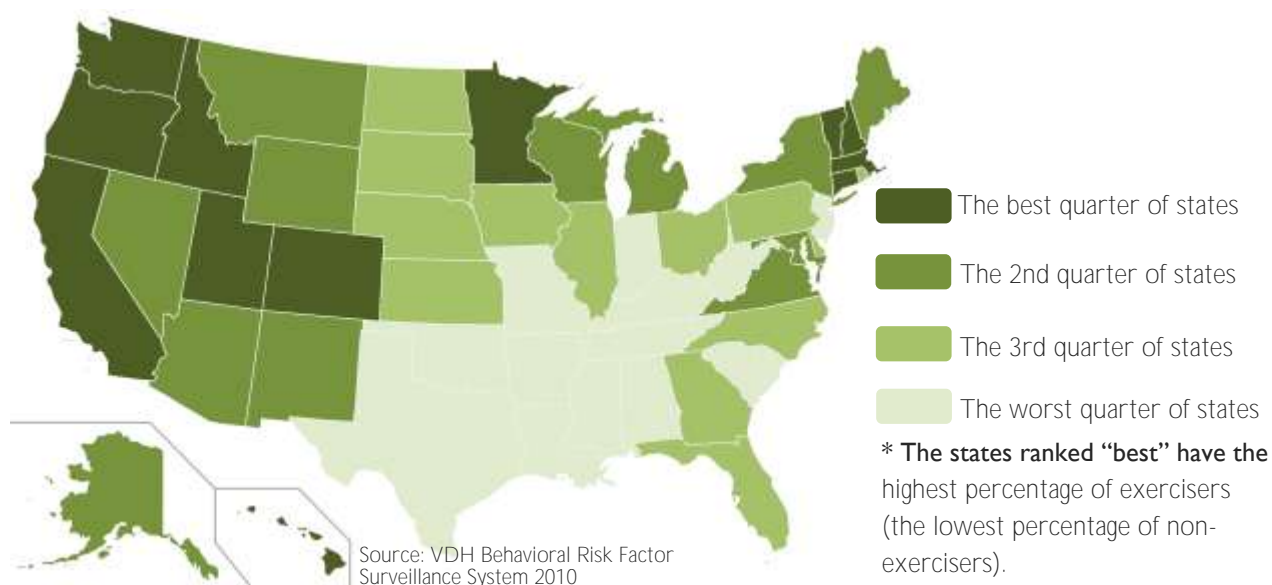
# % of Adults who Do Not Exercise

“Have you participated in physical activity or exercise outside of work in the past month?” In 2010, Vermont ranked among the best states in this measure, meaning a great percentage of Vermonters have exercised in the last month. Despite our aging population, the trend in Vermont has been an increase in the number of people exercising.



	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	23.2	20.3	18.3	18.7	18.1	19.2	17.9	18.3	19.4	20.2	17.9
US %	27.8	26.4	25.3	24.6	24.0	25.5	24.2	24.2	25.6	24.6	24.4

Source: VDH Behavioral Risk Factor Surveillance System 2010



# % of Adults who Do Not Exercise

## Best to Worst

Oregon	17.5%	D. of Columbia	21.4%	Delaware	23.9%	Indiana	26.5%
Vermont	17.9%	New Mexico	21.6%	Kansas	24.0%	New Jersey	26.6%
Utah	17.9%	Montana	21.6%	Florida	24.0%	Texas	26.6%
Colorado	18.2%	Alaska	22.0%	Rhode Island	24.1%	Missouri	27.2%
Washington	18.3%	Arizona	22.0%	South Dakota	24.7%	South Carolina	27.8%
Minnesota	19.1%	Wyoming	22.2%	Nebraska	24.7%	Kentucky	29.3%
Hawaii	19.2%	Maine	22.5%	North Dakota	24.8%	Arkansas	29.8%
New Hampshire	19.9%	Wisconsin	22.8%	Iowa	24.8%	Oklahoma	29.9%
Idaho	20.0%	Nevada	23.0%	Georgia	25.1%	Tennessee	29.9%
California	20.4%	Maryland	23.1%	Illinois	25.7%	Louisiana	30.1%
Massachusetts	20.6%	Virginia	23.3%	North Carolina	25.7%	Alabama	31.1%
Connecticut	20.7%	Michigan	23.6%	Pennsylvania	25.8%	West Virginia	32.9%
		New York	23.9%	Ohio	26.1%	Mississippi	33.0%

Vermont:



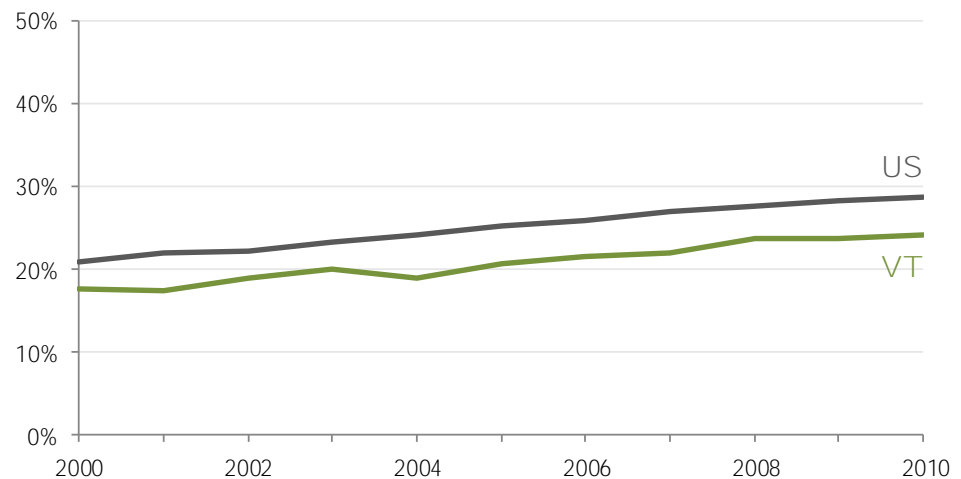
Additional Resources:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/physical activity>
- Vermont Department of Health—Health Status of Vermonters: <http://healthvermont.gov/research/healthstatusreport.aspx>
- **The Surgeon General's Vision for a Healthy and Fit Nation.** Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010: <http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>
- Vermont Department of Health, Worksite Wellness initiative and resources: <http://healthvermont.gov/family/fit/worksitewellness.aspx>
- Department of Health and Human Services, Healthy People 2020: <http://www.healthypeople.gov/2020/LHI/nutrition.aspx>

# % of Obese Adults

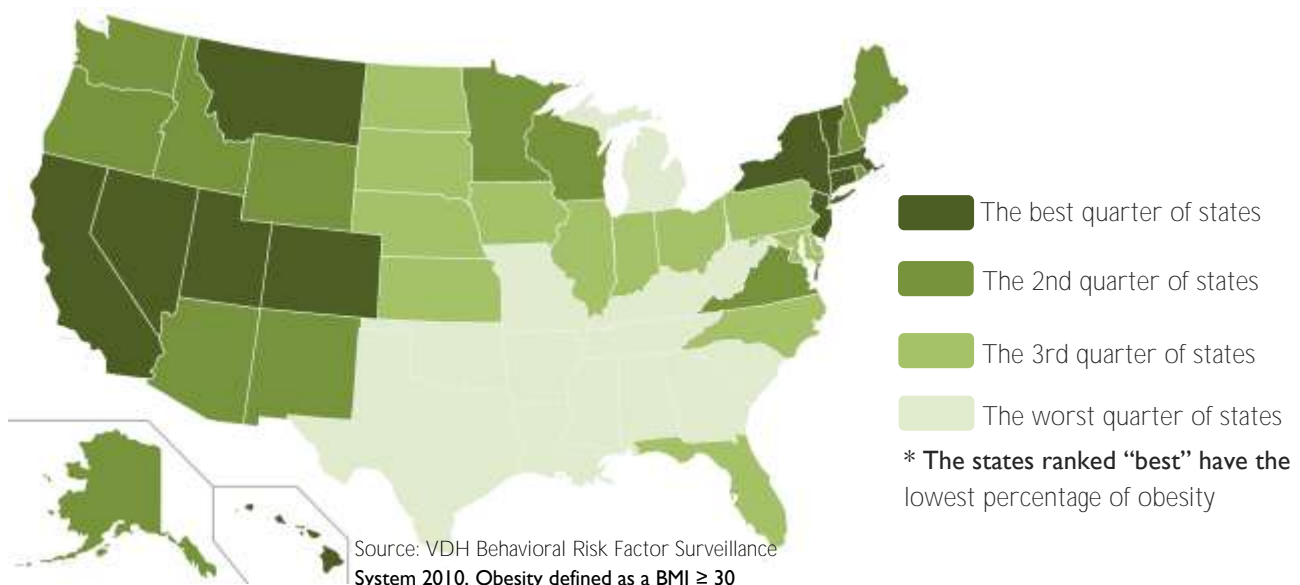
“How much do you weigh and how tall are you?” From this information, you can estimate your Body Mass Index (BMI) which indicates whether you are obese, overweight, a healthy weight or underweight. Obesity contributes to many costly medical conditions. In 2010, around one in every four Vermonters was obese, lower than the US on average. Vermont ranked among the best states in obesity rates, meaning we had some of the lowest numbers of obese residents.

- The percentage of Vermonters who are obese has been increasing steadily in recent years.
- Our rate is lower than the overall US rate and increasing at about the same rate.



	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	17.7	17.3	18.9	20.1	18.9	20.6	21.6	22.0	23.7	23.8	24.1
US %	20.8	22.0	22.3	23.3	24.2	25.2	25.8	27.0	27.5	28.2	28.7

Source: VDH Behavioral Risk Factor Surveillance System 2010. Obesity defined as a BMI  $\geq 30$



# % of Obese Adults

## Best to Worst

Colorado	22.0%	Alaska	25.5%	Nebraska	28.4%	Georgia	31.4%
Utah	22.8%	Minnesota	25.6%	Maryland	28.6%	Oklahoma	32.5%
Connecticut	23.3%	New Hampshire	26.0%	Florida	28.8%	Texas	32.5%
District of Columbia	23.3%	Wyoming	26.4%	North Dakota	28.9%	Louisiana	32.5%
Nevada	23.3%	Arizona	26.4%	South Dakota	29.1%	Missouri	32.5%
Massachusetts	23.8%	Washington	26.7%	Delaware	29.1%	Arkansas	32.7%
Montana	23.9%	New Mexico	26.8%	North Carolina	29.5%	Michigan	32.7%
Vermont	24.1%	Rhode Island	26.8%	Illinois	29.5%	Kentucky	32.9%
New Jersey	24.8%	Virginia	27.0%	Iowa	29.6%	Tennessee	33.2%
Hawaii	25.0%	Idaho	27.2%	Pennsylvania	29.9%	South Carolina	33.4%
New York	25.2%	Wisconsin	27.5%	Ohio	30.4%	West Virginia	34.8%
California	25.4%	Maine	28.2%	Indiana	30.5%	Alabama	34.8%
		Oregon	28.2%	Kansas	31.1%	Mississippi	36.1%

Vermont:



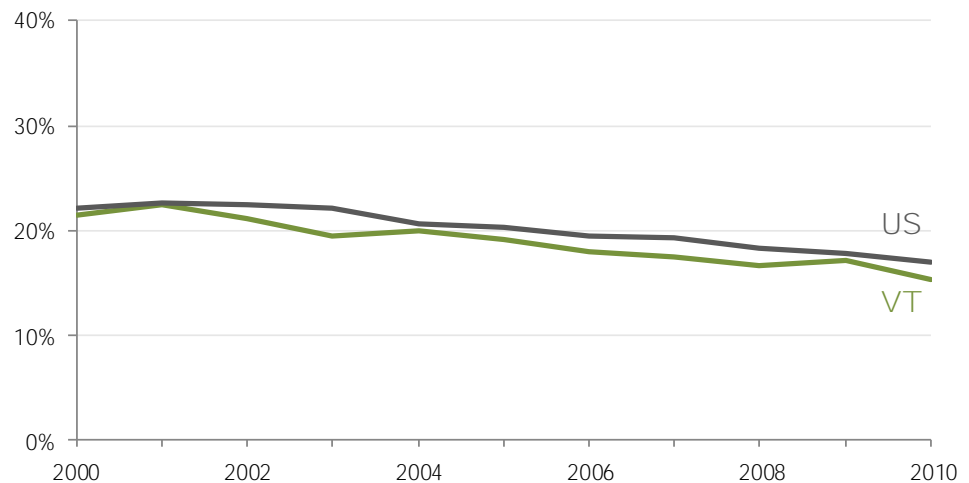
## Additional Resources:

- Centers for Disease Control and Prevention: <http://www.cdc.gov/obesity/index.html>
- Leading health indicators related to Obesity, Nutrition and Physical Activity:  
<http://www.healthypeople.gov/2020/LHI>
- ***The Surgeon General's Vision for a Healthy and Fit Nation.*** Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, January 2010:  
<http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>
- Vermont Department of Health, Health Status of Vermonters:  
<http://healthvermont.gov/health>

# % of Adults who smoke

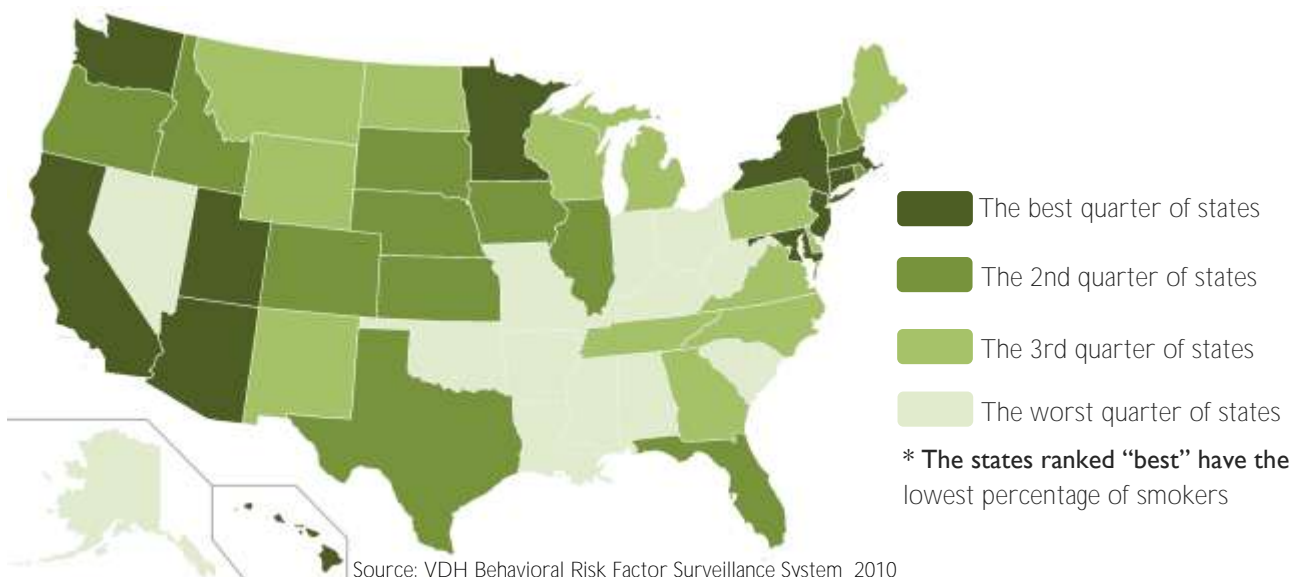
**“Do you now smoke cigarettes every day, some days, or not at all?”** Smoking causes many serious health problems, including increasing your risk of lung cancer, and results in large health care costs. In 2010, Vermont had a lower percentage of smokers (those who smoke every day or some days) than the United States on average and our percentages placed us in the second best quarter of states.

- The percentage of adults who smoke has declined over the past decade.
- Our rate consistently trends lower than the overall US rate.



	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	21.4	22.4	21.1	19.5	20.0	19.2	17.9	17.5	16.7	17.1	15.3
US %	22.2	22.7	22.5	22.1	20.7	20.4	19.5	19.3	18.4	17.8	16.9

Source: VDH Behavioral Risk Factor Surveillance System 2010



# % of Adults who smoke

## Best to Worst

Utah	9.1%	Vermont	<b>15.3%</b>	North Dakota	17.3%	Indiana	21.1%
California	11.5%	Oregon	15.1%	Delaware	17.2%	South Carolina	20.8%
Connecticut	13.1%	South Dakota	15.3%	Georgia	17.6%	Missouri	21.0%
Massachusetts	14.0%	Texas	15.7%	Pennsylvania	18.3%	Alaska	20.2%
Arizona	13.5%	Idaho	15.6%	Maine	18.1%	Alabama	21.8%
New Jersey	14.4%	Colorado	15.9%	New Mexico	18.4%	Louisiana	22.0%
Hawaii	14.4%	Rhode Island	15.6%	Michigan	18.9%	Nevada	21.3%
Washington	15.1%	Iowa	16.1%	Montana	18.8%	Ohio	22.4%
District of Columbia	14.7%	Florida	17.1%	Wyoming	19.5%	Mississippi	22.9%
Minnesota	14.9%	Kansas	16.9%	North Carolina	19.7%	Oklahoma	23.6%
New York	15.4%	New Hampshire	16.8%	Virginia	18.5%	Arkansas	22.8%
Maryland	15.2%	Illinois	16.9%	Wisconsin	19.0%	Kentucky	24.8%
		Nebraska	17.2%	Tennessee	20.0%	West Virginia	26.7%

Vermont:



## Additional Resources:

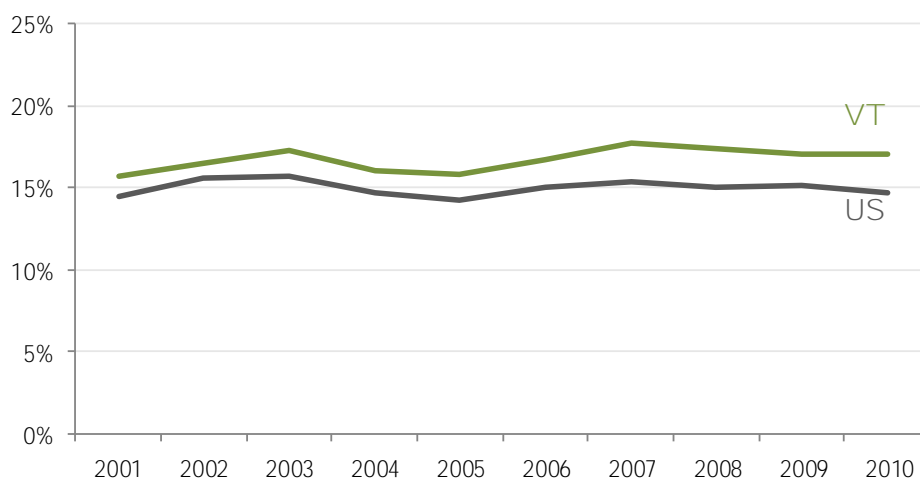
- Vermont Department of Health, Vermont statistics and resources on Tobacco use: <http://healthvermont.gov/prevent/tobacco/index.aspx>
- Centers for Disease Control and Prevention: <http://www.cdc.gov/tobacco/>
- Healthy People 2020, Leading Health Indicators for tobacco use: <http://healthypeople.gov/2020/topicsobjectives2020/overview.aspx?topicId=41>



# % of Adults Binge Drinking

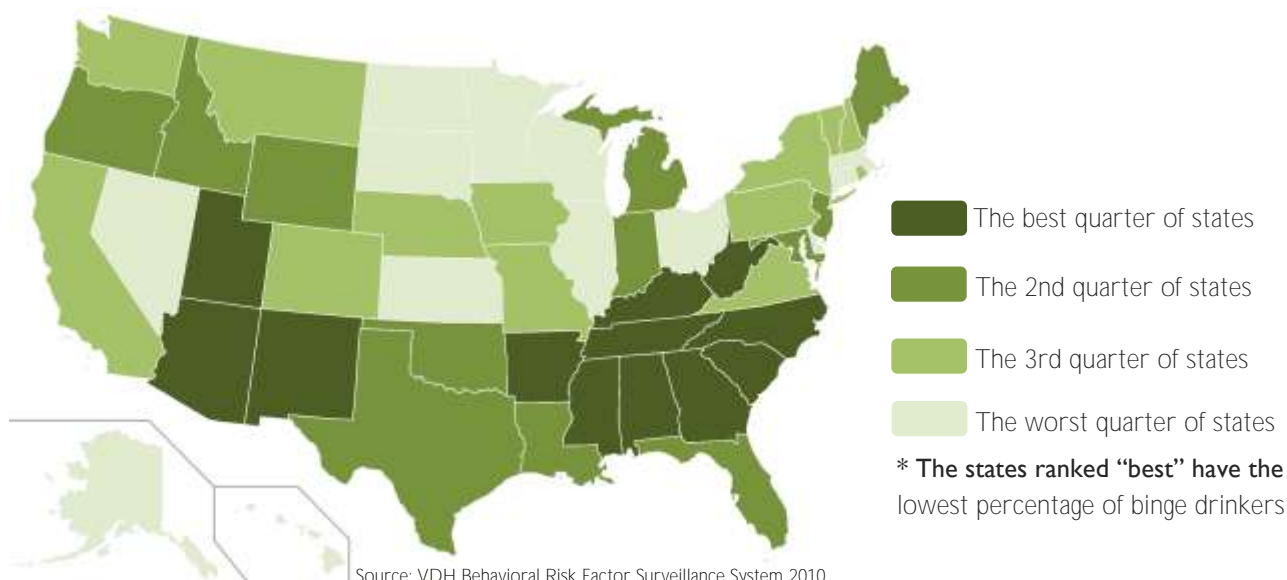
“How often do you drink 5 or more drinks at a time if you’re a man or four or more drinks at a time if you’re a woman?” Binge alcohol drinking is a major contributing factor to ER visits, hospital use and health care spending. In 2010, Vermonters ranked in the third quarter of states, meaning we have higher percentages of binge drinkers than most other states.

- The percentage of adults who binge drink in Vermont is remaining stable.
- Our binge drinking rate is consistently higher than the overall US rate.



	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	15.7	16.5	17.3	16.1	15.8	16.7	17.8	17.4	17.1	17.1
US %	14.5	15.7	15.8	14.8	14.2	15.0	15.4	15.1	15.1	14.7

Source: VDH Behavioral Risk Factor Surveillance System 2010



# % of Adults Binge Drinking

Best to Worst

Tennessee	6.57%	D. of Columbia	12.47%	Kansas	15.08%	Minnesota	17.20%
Utah	8.71%	Oklahoma	13.03%	New Hampshire	15.12%	Nevada	17.21%
West Virginia	9.01%	Idaho	13.18%	Pennsylvania	15.17%	Ohio	17.25%
Arkansas	9.72%	Indiana	13.53%	Washington	15.38%	Connecticut	17.44%
Mississippi	9.92%	Florida	13.67%	Colorado	15.41%	South Dakota	17.75%
Alabama	10.11%	New Jersey	13.84%	New York	15.45%	Massachusetts	17.75%
North Carolina	11.00%	Oregon	14.30%	Missouri	15.60%	Illinois	17.82%
New Mexico	11.09%	Maine	14.45%	California	15.81%	Hawaii	17.88%
Arizona	11.64%	Maryland	14.58%	Rhode Island	16.16%	North Dakota	18.74%
Kentucky	11.91%	Wyoming	14.58%	Virginia	16.87%	Delaware	18.81%
South Carolina	12.29%	Texas	14.65%	Iowa	16.93%	Nebraska	19.45%
Georgia	12.45%	Louisiana	14.98%	Montana	16.98%	Alaska	20.57%
		Michigan	15.01%	Vermont	17.07%	Wisconsin	21.59%

Vermont:



## Additional Resources:

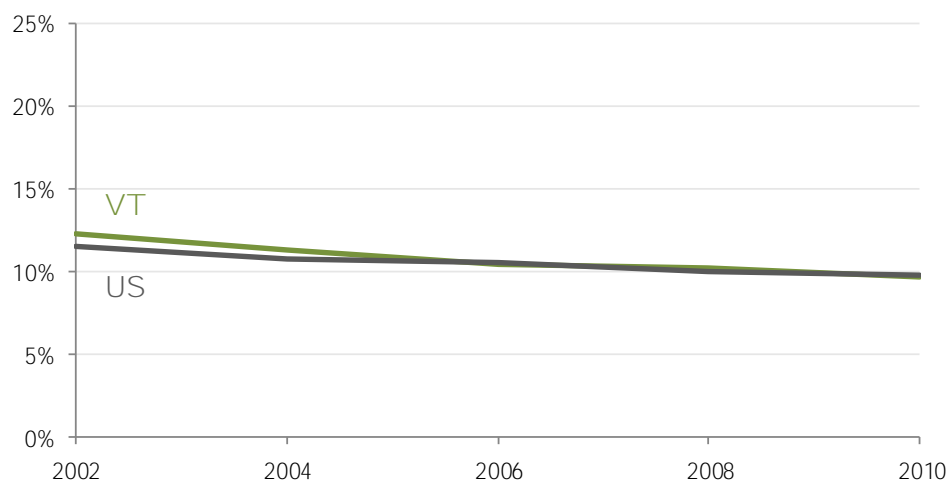
- Vermont Department of Health, Agency for Drug and Alcohol Programs:  
<http://healthvermont.gov/adap/adap.aspx>
- Centers for Disease Control and Prevention – Alcohol and Public Health:  
<http://www.cdc.gov/alcohol/index.htm>

# % of Adults who have 6+ teeth removed

**“How many of your permanent teeth have been removed because of tooth decay or gum disease?”**

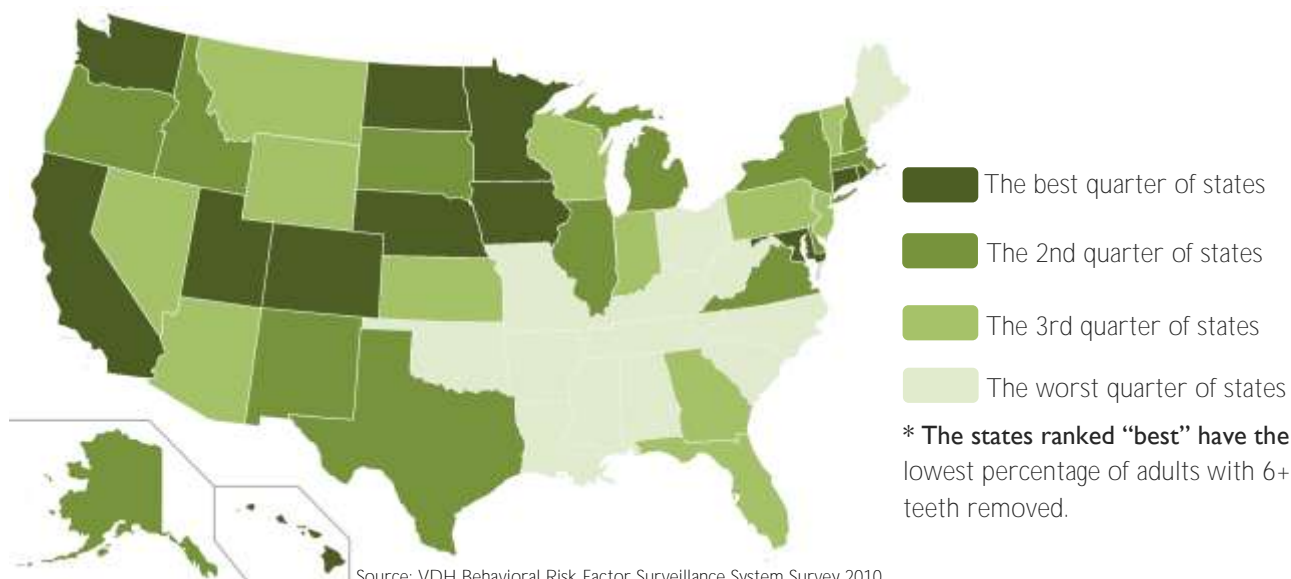
Nearly one in three adults in the US has untreated tooth decay. In 2010, almost one in every ten Vermonters has had six or more teeth removed due to decay or infection, which placed Vermont among the second to worst quarter of states but very close to the average US rate.

- The percentage of adults who have had six or more teeth removed has decreased, meaning we are getting better.
- Our rate is close to the average US rate which is also decreasing.



	2002	2004	2006	2008	2010
Vermont %	12	11	10	10	10
US %	12	11	11	10	10

Source: VDH Behavioral Risk Factor Surveillance System Survey 2010



Source: VDH Behavioral Risk Factor Surveillance System Survey 2010

% of Adults who have  
6+ teeth removed

Best to Worst

Hawaii	5.3%	Illinois	7.7%	Kansas	9.3%	South Carolina	12.6%
Utah	5.6%	Massachusetts	7.7%	Arizona	9.3%	Ohio	12.7%
Connecticut	5.7%	New Mexico	7.8%	Wisconsin	9.4%	North Carolina	12.8%
Colorado	6.2%	South Dakota	7.8%	Nevada	9.5%	Louisiana	13.2%
Minnesota	6.3%	Texas	7.8%	D. of Columbia	9.5%	Arkansas	13.2%
North Dakota	6.6%	Oregon	8.2%	Wyoming	9.6%	Maine	13.3%
California	6.7%	Alaska	8.3%	Vermont	9.7%	Missouri	13.4%
Rhode Island	7.0%	New Hampshire	8.4%	New Jersey	9.7%	Oklahoma	14.3%
Nebraska	7.4%	Idaho	8.4%	Montana	10.2%	Kentucky	16.3%
Maryland	7.5%	Virginia	8.5%	Pennsylvania	10.7%	Mississippi	17.5%
Iowa	7.7%	Delaware	8.8%	Florida	11.1%	Alabama	17.7%
Washington	7.7%	New York	9.1%	Georgia	11.2%	Tennessee	20.2%
		Michigan	9.1%	Indiana	11.6%	West Virginia	20.5%

Vermont:



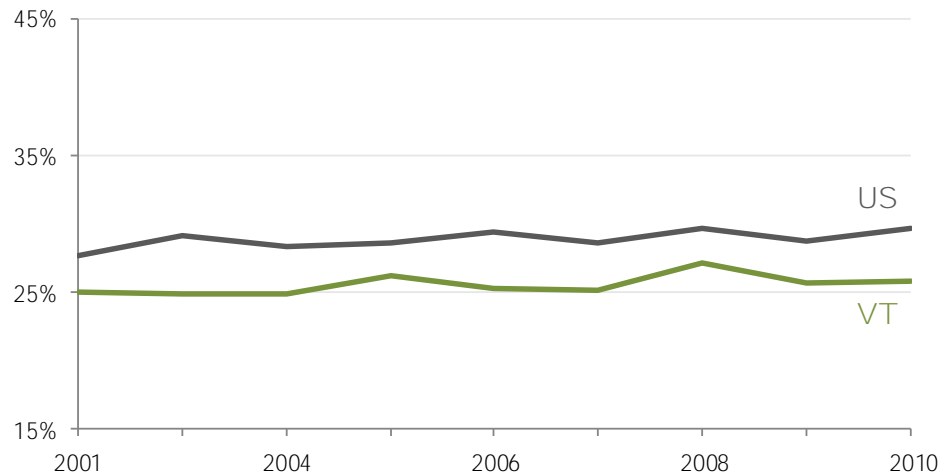
## Additional Resources:

- VT Department of Health, Office of Oral Health:  
<http://healthvermont.gov/family/dental/services.aspx>
- Centers for Disease Control and Prevention – Division of Oral Health:  
<http://www.cdc.gov/oralhealth>

# % of Adults reporting Poor Quality of Life

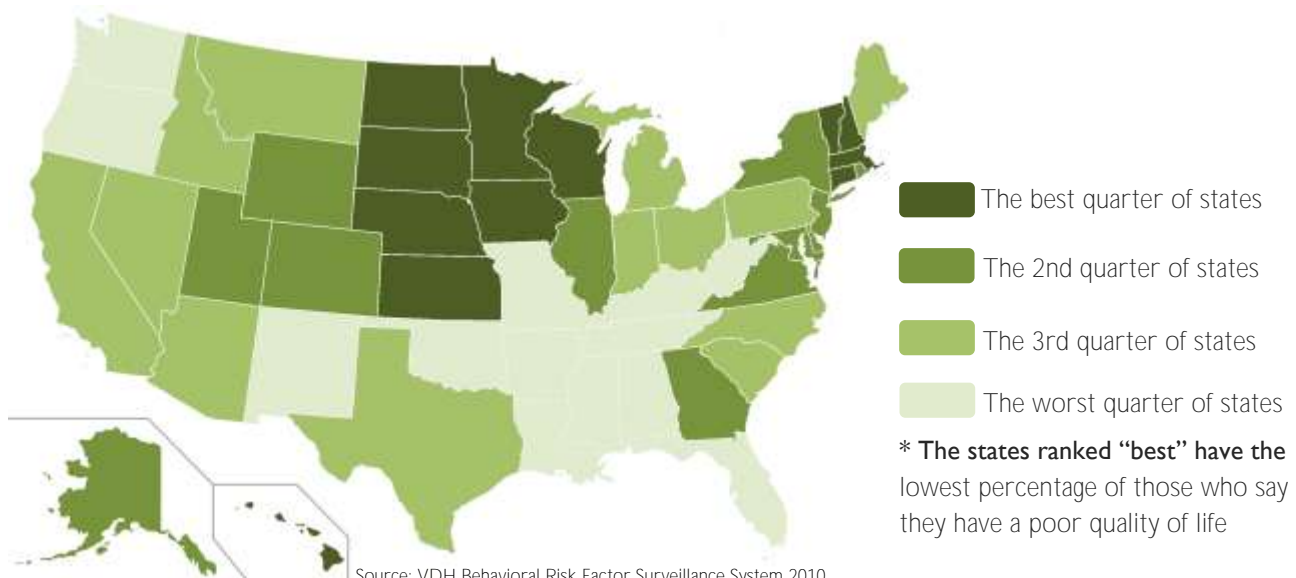
“What is your quality of life? Have you been limited in the past month because of physical, mental or emotional problems?” In 2010, about one in four Vermonters said their quality of life was poor because their activities were limited by their physical, mental or emotional state. This rate is lower (better) than the national rate.

- The percentage of adults that self-report a poor quality of life due to health concerns has been stable since 2001.
- Vermont has fewer people reporting that their quality of life is poor than the US as a whole.



	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Vermont %	25.1	—	24.9	24.9	26.3	25.2	25.2	27.2	25.7	25.8
US %	27.6	—	29.1	28.3	28.7	29.4	28.7	29.7	28.8	29.7

Source: VDH Behavioral Risk Factor Surveillance System 2010



Source: VDH Behavioral Risk Factor Surveillance System 2010

# % of Adults reporting Poor Quality of Life

## Best to Worst

North Dakota	22.3%	Alaska	25.9%	Texas	29.4%	Arkansas	31.7%
Iowa	23.3%	D. of Columbia	26.4%	Pennsylvania	29.6%	Missouri	31.9%
Minnesota	23.5%	New Jersey	26.5%	Indiana	29.8%	Washington	32.0%
South Dakota	24.0%	Rhode Island	26.6%	Ohio	29.9%	Tennessee	32.4%
Connecticut	24.3%	Maryland	26.6%	Nevada	30.2%	Florida	32.8%
Wisconsin	24.6%	Utah	26.7%	Montana	30.2%	Louisiana	33.0%
Massachusetts	24.8%	Illinois	26.8%	Idaho	30.3%	New Mexico	33.0%
Nebraska	24.9%	Virginia	27.3%	Maine	30.4%	Oregon	33.7%
New Hampshire	25.3%	Wyoming	27.8%	Michigan	30.4%	Alabama	34.5%
Hawaii	25.4%	Georgia	27.9%	North Carolina	31.1%	Mississippi	34.8%
Vermont	25.8%	Colorado	28.0%	Arizona	31.2%	Oklahoma	35.4%
Kansas	25.9%	Delaware	28.1%	California	31.2%	Kentucky	35.5%
		New York	28.3%	South Carolina	31.6%	West Virginia	38.2%

Vermont:



## Additional Resources:

- Vermont Department of Health, Health Status of Vermonters:  
[www.http://healthvermont.gov/health](http://healthvermont.gov/health)
- Vermont Department of Disability, Aging and Independent Living:  
<http://dail.vermont.gov/>
- Vermont Department of Mental Health: <http://mentalhealth.vermont.gov/>